

**Cohasset
Recreation
The Benefits are Endless
2023
Fall Programs**

Registration Opens 9/1



**Cohasset Recreation Department
100 Sohier Street
Cohasset, MA 02025**

**Non-Profit Org
U.S. Postage
Permit No. 37
Cohasset, MA 02025**

**Resident
Cohasset, MA 02025**

Adult Programs

Ashtanga Yoga w/Cindy Mathieson **Yoga Foundations (Introductory)**

This class will begin with yin poses (meditative, seated stretching) then focus on sun salutations, including proper breath and alignment, standing poses and some seated poses. Class will conclude with a modified finishing sequence and rest.

Half-Primary Series

This class includes sun salutations, standing poses, half of the seated poses, modified finishing sequence and rest.

Fall Session 1

Tuesdays, Ashtanga Foundations

Sept 5 through Oct 24

8-week series \$128

Thursdays, Ashtanga Half-Primary

Sept 7 through Oct 26

8-week series \$128

Fall Session 2

Tuesdays, Ashtanga Foundations

Oct 31 through Dec 12

7-week series \$112

Thursdays, Ashtanga Half-Primary Series

Nov 2 through Dec 14

6-week series \$96

8:30-10:00 p.m.

Drop-in \$20/class

Cohasset Rec @ 100 Sohier

Gentle Yoga w/Elizabeth Rogers

This class is appropriate for EVERYONE, regardless of experience or age! A gentle and relaxing class, incorporating breath work, meditation, extensive stretching, yoga poses, and peace. An opportunity to escape the daily stresses of life, to care for yourself, to come away feeling invigorated and whole again-in body, mind, and spirit.

Wed., 9/13-11/29

11:00 a.m.-12:00 p.m.

Cohasset Rec @ 100 Sohier

12 week series \$165/\$15 Drop-in

Tai Chi w/Fred Willette

Tai Chi is an internal martial art that raises vitality, nourishes the spirit and helps to release stress. Tai Chi as a moving meditation promotes being in the moment and is an excellent opportunity for personal growth. Fred has studied Tai Chi for more than thirty years. Wear loose comfortable clothing.

Wed., Session 1 9/20-11/29

Wed., Session 2 12/6-2/7

6:15-7:15 p.m.

25 Parking Way

10 week series \$160/\$20 Drop-in

“The Mindful Me - Grown Up Edition” with Dr. Katie Florek, Clinical Psychologist.

It's time for the grown-ups to have some fun! Maintaining a positive and healthy self-esteem is the best gift you can give yourself and model for your family members. During this 6-week workshop you will develop your self-esteem using art, movement, and collaboration. You will learn to recognize, value, and enhance your inner strength while learning mindfulness strategies to cope with stress and frustration. Group members will also work together to support one other and practice social skills within a safe and fun environment.

Adults Ages 21+

Wed., 1/3-2/7

4:00 p.m. - 5:00 p.m.

Cohasset Rec @ 100 Sohier

Cost: \$240



Adult Ultimate Frisbee w/ Coach Sheffield

Introducing after-work adult, coed, ultimate frisbee! No experience necessary, all experience welcome! Learn the sport, get some exercise and have some fun!

Thurs., 9/7-10/26

6:00-7:30 p.m.

Beechwood Ball Field

\$80



Kids Fitness

Running Club w/Kelly Grech

Calling all Deer Hill Runners! Come after school on Wednesdays and get a great workout with your friends!

Proper stretching technique, warm-up, drills, and plenty of games will keep you moving and energized!

Positive and inclusive atmosphere, everyone is expected to promote and support each other while learning the values of adding some running to their day.

Grades 3-5

Session 1: Wed., 9/6-10/11

Sessions 2: Wed., 10/25-12/6

3:30-4:30 p.m.

Deer Hill School

\$90

Running Club Jr. w/Kelly Grech

Calling all Osgood runners. Join us after school on Tuesdays for a great time getting some energy out!

Proper stretching, warm-up, drills and lots of running based games will be included! Support and encouragement for all while we run and have a great time together.

Grades K-2

Session 1: Tues., 9/5-10/10

Session 2: Tues., 10/24-12/5 (no class 10/31)

3:30-4:30 p.m.

Osgood School

\$90

Super Soccer Stars

At Super Soccer Stars, it is our goal to teach soccer skills in a fun, non-competitive, educational environment. Our philosophy is to use soccer to nurture, to build self-confidence, and to develop teamwork in every class. Our specially designed curricula use positive reinforcement and a low child-to-coach ratio to ensure that each child improves at his or her own rate while having endless fun.

Sats., 9/16-10/28 (no class 10/7)

2-3 YO 8:15-9:00 a.m.

2-3 YO 9:00-9:40 a.m.

3-4 YO 9:45-10:30 a.m.

3-4 YO 10:35-11:20 a.m.

4-5 YO 11:25 a.m.-12:15 p.m.

Cohasset Rec @ Sohier Street Field

\$170

Resident Registration 9/1 Non-Res 9/5

Ultimate Frisbee w/Coach Sheffield

Ultimate Frisbee is an exciting, fast-paced, non-contact, strategy-minded team sport played with a flying disc (or frisbee). Boys and girls will learn the sport or improve their skills in one of the fastest-growing and fun sports in the world. Used as mental and physical conditioning for many other field sports, the Cohasset Ultimate Program will focus on competitive play, strategy, and skills, and will include matches with local schools. We are committed to providing gameplay in which fun, fundamentals, playing time, and Spirit of the Game are the goals for each player!

Grades 7-12

Sun., 9/24-11/5 (no class 10/8)

10:00-11:30 a.m.

Milliken Field

\$89

Girls Basketball Clinic

Jump start your travel season with a three-day clinic hosted by the Cohasset High School Girls Basketball team and coach Mike Sacchitella. This three-day clinic will include skills training and position specific instruction in all five phases of the game, including ballhandling, shooting, passing, footwork and rebounding. Each player should be equipped with all necessary basketball apparel, adequate water to last them the duration, and a basketball. Pre-registration is required. All funds will go directly to Cohasset High School Girls Basketball.

Grades 4-8

Mon., Wed., Fri., 10/16, 10/18, 10/20

6:30-8:00 p.m.

Cohasset High School Gym

\$100

Tennis & Pickleball Lessons

Cohasset Recreation will offer our fall Sunday afternoon tennis clinics taught Jeffrey Grossman.

Sun., 9/10- 10/15

12:00 p.m.- Beginner (ages 6 -7)

1:00 p.m.- Beginner (ages 7-12)

Milliken Field Tennis Courts

\$99 - 6 weeks

COHASSET REC Center

25 Parkway

2023-2024 School Year

The Rec Center provides a fun and safe place for Middle/High School students to hang out with friends under the supervision of Recreation Department staff.


A one-time annual fee of \$49 for our returning members (with use of promo code sent via email) and \$59 for new members allows students to come any day and every registered student will be provided an ID card.

Regular after-school hours: 3:00-6:00 p.m.

Half-day hours: 1:00-6:00 p.m.

Vacation Weeks: February & April

What we currently offer:

- Grades 6-12
- Free Wi-Fi and a TouchTunes Jukebox
- Ping Pong and Bumper Pool
- Cornhole, KanJam, Air Hockey
- PlayStation 5 and Wii
- Board games and playing cards
- Hang out with friends, listen to music, do homework, play computer games & more!
- Bus Transportation provided from CMHS - Bus #4 with a Rec ID 
- The Barrel generously gives our members 10% off w/ID



Friday, 9/1
Noon-6:00 p.m.
Everyone welcome
Come check it out!

September 2023

Opening Day - Sept. 5

October 2023

Halloween Party - Oct. 27

November 2023

Turkey Making - Nov. 14

Tourney Time!

December 2023

Holiday Party- Dec. 15

THANK YOU!



5th Grade Fridays!
★★★

6:30-8:30 p.m.
Friday, September 15
Friday, October 20
Friday, November 17

Register at cohasstrec.com
Under Memberships

Kids Enrichment

Babysitter Safety Training

When parents entrust their most treasured gifts to a babysitter, remember that they will feel more secure and will be more likely to hire someone who has taken Babysitter Safety Training. Kids who are trained in Babysitter Safety will have more confidence in dealing with the challenges that may face them while caring for children of all ages and stages, from accidents to tantrums. This class covers child development, basic first aid, choking rescue, feeding, changing diapers, safe marketing and much more. Certificate of Completion included. Please bring a doll/stuffed animal to class.

Grades 5-8
Friday, 9/22 (Half Day)
2:00-4:30 p.m.
Cohasset Rec @ 100 Sohier
\$50

Home Alone Staying Safe

This class will prepare kids (4th-6th grade or maturity appropriate) to handle most home alone situations, from an unexpected knock on the door to an emergency 911 phone call. It also covers food/kitchen safety, choking prevention and Heimlich Maneuver, basic first aid, handling emergencies, handling fears, safety to and from school, basic street smarts, self-defense techniques and lots of prevention! This dynamic class is serious business made fun.

Grades 4-5
Thursday, 10/26 (Half-Day)
2:00-4:30 p.m.
Cohasset Rec @ 100 Sohier
\$60

Kids Test Kitchen

On a mission to redefine kid food; Kids' Test Kitchen is a fun and engaging, hands-on cooking class for kids! With enthusiastic facilitation, we get eaters of all ages and abilities, cooking, tasting, and thinking about healthy ingredients! Kids' Test Kitchen presents kids the opportunity to explore new or familiar foods in their raw, unmanipulated state. Then, working as a team, they'll slice, dice, peel, measure, and cook until they've prepared the finished dish. Class closes with an opportunity to taste the result of their hard work. Students receive a printed recipe card and the focal ingredient - or a sample of the finished dish - so they can show off what they learned! Lessons are planned to celebrate seasonal produce, whole grains, and legumes. This fall we'll prepare Bok Choy soup, Elevated Queso Dip, No-bake granola bars, Festive Fall Farro bowls, and more!

Grades 1-5
Wed., 9/27-11/1
4:00-5:00
Cohasset Rec @ 100 Sohier
\$213

First Aid for Kids, Prevention & Treatment

In First Aid for Kids, students will learn how to stay calm and take control in the face of a minor injury. Students will unpack the provided mini first aid kit and figure out how best to use their supplies. Age-appropriate discussions, stories and demos will include treatment of cuts, burns, nose bleeds, bee stings, tick bites, bumps, bruises, indoor/outdoor hazards, and plenty of prevention. Participants will practice wrapping with an ace bandage and using an epi pen and much more.

Instructor Biography

Cheryl Mitchell, MD is a family physician with 30 years of experience treating acute and chronic health issues in patients of all ages.

Ages 12-14
Wednesday, 11/1 (Half -Day)
1:00-3:00 p.m.
Cohasset Rec @ 100 Sohier
\$60

Creative Kids

Creative Kids Cohasset is a creative space for children where everyone has the freedom to explore their creativity through the use of various crafting materials. Every week the class explores a different topic. The young artists will produce works of art that they will be proud to show off!

Grades 3-5
Thurs., 9/21-10/19
4:00-5:30 p.m.
Cohasset Rec @ 100 Sohier
\$125

Xplosion Dance Center **September 2023- May 2024**



Registration is OPEN for Dance.

Register now at cohassetrec.com

See website for location, pricing & class descriptions

Kids Enrichment

RAD KIDS

RAD Stands for Resisting Aggression Defensively

radKIDS® comes to your community providing the most holistic and skill-based child safety instructor certification available today. We welcome parents, educators, counselors, law enforcement professionals, and children safety advocates to our trainings. radKIDS® has helped save thousands of children's lives to date. Our dedicated alliance of educators and instructors remain united making a difference, every day, one child at a time.

radKIDS® will be taught by the following Cohasset Police Officers. Officer Greg Lowrance who has been with CPD for 5 years and Officer Greg Taylor who has been with CPD for 10 Years.

Grades 3-5

Tues. & Thurs., 10/10, 10/12, 10/17, 10/19, 10/24

4:00-6:00 p.m.

Location: TBD

\$20

RISE - Before and After Care

RISE is the Cohasset Public School's Before and After School program, operated by the Cohasset Recreation Department.

The K-5 program will all be based at the Osgood Cafeteria from 7:00-9:00 a.m. and 3:15-6:00 p.m.

Deer Hill children will be walked to and from the Osgood in the AM and PM by RISE staff. (Half-days are 1:30-6:00 p.m. and are a separate registration)

We will be following all the school department's COVID protocols and plan to be outside as much as possible this fall. Drop-off and pick-up procedures will involve parents not entering the school, and staff will be there for proper direction by the cafeteria door. The program includes afternoon snacks.

Registration is required before attending the program. An online application is required before starting the registration for RISE. Please be prepared with a downloadable photo and immunization record that will be required to finalize the online application.

CMI Indoor Rowing Programs

Youth Fall Rowing

Tuesdays 3:45-4:45 p.m. with Coach Frank Townsend. These sessions are limited to our fall on-the-water youth team. Students grades 7-12 are welcome to join us for a session if they are curious about rowing. Program runs September 5 through October 27.

Youth Winter Training

Mondays, Tuesdays, and Thursdays after school, with Coaches Townsend and Shusterman. Open to new and returning rowers grades 7-12, we will build fitness and core strength while improving rowing technique.

Session I runs November 27 through January 12 and

Session II runs January 16 through February 29.

Adult Indoor Rowing & Fitness

Various 5-week sessions will run starting Mondays, October 23 through the end of March. Sign-ups are possible before the beginning of each session, but reach out if a session is in progress. Class schedules are below, subject to change based on interest: Mondays and Thursdays 8:00-9:15 am with Coach Frank: Coaching to improve technique for rowers of any level, followed by longer duration rows (20-40 minutes) to stay fit for spring rowing.

Saturdays 7:45-9:00 a.m. & 9:15-10:30 a.m. @ Rec Center with Coach Karen. Fitness and technique classes with interval training on and off the erg and endurance training.

Wednesdays 6:00-7:15 am and Sundays 7:00-8:15 am with Coach Abi Kornet. Fun interval workouts on the erg combined with strengthening and flexibility exercises on the mat.

All levels are welcome.

For more information and registration please go to www.rowcmi.org

Fall Cohasset Middle School Volleyball - Rising 7th & 8th Graders

Last year's PILOT Season of The Cohasset Middle School Volleyball (CMSV) program was a huge success. The CMSV clinic develops entry level indoor volleyball skills for young athletes, and enhances game familiarity and teamwork.

Sessions will be held at Cohasset's High School

Gymnasium. Practices will be held every

Thursday starting September 14th - October 26th, from 6:30 p.m. until 8:00 p.m. Once again,

as a bonus, we are scheduling games on select

Tuesday evenings against the Hingham Girls

Volleyball 7-8th grade teams. Stay tuned for

those dates! Bring plenty of water to stay

hydrated, and wear court gym shoes. Knee pads

are recommended but not required.

\$270 for the season.

Register at cohassetrec.com

NOTE: Registration will be limited to 24 players.

Community Programs



Cohasset Safe Harbor Coalition

<https://safeharborcohasset.org/>

Cohasset Youth Ambassadors

(registration opens, 8/1)

Beginning September 13th, Meetings take place every Wednesday, 6:30-7:30 p.m., PPML Meeting Room

National Recovery Month

Every September, Safe Harbor partners with Paul Pratt Memorial Library and South Shore Arts Center's 'Upward Spiral' to incorporate literature and art in acknowledging this month. Recovery Month exhibit will be displayed within the Meeting Room of PPML all September long.

National Prescription Drug Take Back Day

National Take Back Day is a day dedicated to safe, convenient, and responsible way to dispose of unused or expired prescription drugs, October 28 from 10:00-2:00 p.m. In partnership with Cohasset Police Department, we encourage the Cohasset community to drop off their unused/unwanted medication on this day at the 24/7 medication drop-off kiosk located in the lobby of Cohasset Police Department.

Parent Advisor

This free and confidential service is offered to Cohasset residents who may have a family member, a friend, or a personal substance struggle, who would like to talk with someone who has gone through this before and can help offer guidance. For initial contact, please email Annemarie Whilton at mwhilton@icloud.com.

You will receive a reply within 24 hours via email, text or phone. Please provide your preference for a response in your email.



Veterans Services

9/11 Ceremony

Monday, 9:00 a.m. @ Cohasset Common

Veterans Day Ceremony 11/11

Saturday, 9:00 a.m. @ Cohasset Common

Paul Pratt Memorial Library

Welcome to the Graveyard Cohasset

Registration for this event will be open from 9/20 @ 6:30 p.m. to 10/30 @ 6:30 p.m.

Event Details "Welcome to the Graveyard!" is a 90-minute illustrated 'virtual tour' chronicling cemetery art, history, and symbolism. From colonial New England burial grounds of the 16 & 1700's, through the nationwide rural cemetery movement of the 19th century and into 21st-century locations, the program examines why we have cemeteries and gravestones, why they look like they do, and how styles and art have evolved over almost 400 years. The presentation is robust, with photographs of original gravestones and burial grounds from cemeteries visited by Gravestone Girls over many years.

Meeting Room

Monday, October 30, 2023

6:30 p.m. - 8:00 p.m.

Gravestone Girls

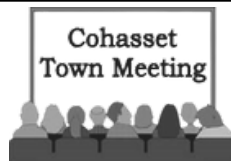


the 143 exchange

September 23 & 24

Cohasset Rec @ 100 Sohier

Gently loved clothing contributions will be accepted on Sept. 21 & Sept. 22 at the Cohasset Recreation Office.



Town Meeting

Child Care

Monday, November 13

Drop the kids off for a night of fun for Toddlers to 5th Grade

Pre-Register by 11/12

Mark the Calendar

Thanks-For-Giving 5K Road Race

To benefit Cohasset Recreation & The Clark Chatterton Memorial Fund

November 23 @ 7:30 a.m. starts at Cohasset Town Hall

Register at cohassetrec.com on October 1st.

Age 19 and under \$20 (\$25 after 11/3) Age 20 and older is \$25 (\$30 after 11/3)

Sponsors and Volunteers are welcome and appreciated.

2024 Summer Job Fair

Wednesday, January 10 - Cohasset Middle/High School Lunch

and Cohasset Recreation @ 100 Sohier Street-2:00 p.m.

Summer Employment Applications due March 1

Summer Xtreme 2024 Registration

Middle School Summer Program for grades 6-8

Registration-Thursday, January 11 @ 7:00 p.m.

2024 Health and Recreation Fair

Sunday, March 24, 2024 from 1:00-4:00 p.m. at the Deer Hill School



Special Thank you to our 2023 Sponsors

This year, as in the past, we have had the good fortune of having many businesses and civic organizations who have made financial contributions to this program's operations. This year's sponsors are as follows: Abington Bank, Anderson Fuel, Balance Studio, Childish Spaces, Coastal Dealerships, Cohasset Collision Center, Cohasset Dental, Cohasset Family Chiropractic, Cohasset Fire Fighters Local 2804, Cohasset Harbor Marina, Cohasset Imports, Cohasset Periodontics, Cohasset Police, Cohasset Village Dentistry, Corner Stop Eatery, Deluxe Nails and Spa, Fiori's Gulf, Flemings Lighting, George H. Mealy Post 118, Good Sport, Hassan Sign, James Clark Electrician, Joe Lamberti@Rockland Trust Bank, MKR Builders, National Grid, Pisamai's, The PJT Memorial Foundation, Pacers Partners, Raquelle's Dance Studio, Sestito Landscaping, Sleek Machine, Social Service League, South Shore Childrens Dentistry, South Shore Music Circus, South Shore Orthodontics, The Barrel, The Barrett Family, The D'Urso Family, The Lagrotteria Family, Tiryaki Architecture Design Inc., Twice the Ice, Wine & Spirits Depot, Yuan Yen Do Self Defense.

Please take the time to support our friends and thank them for sponsoring our programs.

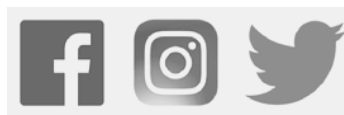
Cohasset Recreation Department

100 Sohier Street

781-383-4109

recreation@cohassetma.org

cohassetrec.com



Recreation Commission

Chair: Tim Burnieika

Vice-Chair: Jack DeLorenzo

Secretary: Catie Campbell

Members: Alison Bryan, Derrick Goodwin, John McMahon, Julie Rollins

Recreation Director-Ted Carroll

tcarroll@cohassetma.org

Assistant Director-Ryan Walsh

rwalsh@cohassetma.org

Recreation Assistant-Jenna McCarthy

jmccarthy@cohassetma.org

Town Manager - Chris Senior